Labor Day Safety

Purpose

Provide accident prevention information for the Labor Day holiday weekend

Risk Management
Responsible Driving
Dare to Care
Motorcycle Safety
Work Safe, Play Safe, Be Safe!
Labor Day through Memorial Day
Summer Sports and Recreation Safety
Vehicle Safety
Water Safety
Driver Training

Work Safe
Labor Day Check List

Protect Your Health and Safety at Work

Lifestyle

Supervisors

- Enforce bans on alcohol, tobacco, and illicit drug use in the workplace
- Encourage physical fitness; community recreation, gyms, YMCA, health clubs, etc.

Employees

- Quit smoking
- Maintain a desirable weight by eating sensibly
- Exercise most days (moderately intense for at least 30 minutes)
- Limit intake of alcohol

Prevention

Supervisors

- Encourage using health insurance for preventive care
- Support health promotion/ prevention programs at work
- Get employees' input on job improvement and hazard prevention; they often are the most knowledgeable
- Develop relationships with local safety, environmental and health professionals

Employees

- Participate in health promotion and medical screening programs
- Understand personal health risks (breast, lung, skin, or prostate cancer; heart disease; HIV; noise-induced hearing loss; stress)
- Seek recommended immunizations; consider flu vaccines

Workplace

Supervisors

- Provide written safety responsibilities and job training, and fit jobs to workers
- Inspect and maintain equipment, tools, machinery; provide machine guards
- Create and clearly post a disaster plan for immediate evacuation; conduct drills and organize a first aid team
- Clearly mark exits with unobstructed lighted signs and clear facility of slip- and fall-causing materials

Employees

- Follow workplace safety guidelines and job procedures
- Report unsafe conditions to supervisor immediately
- Locate your nearest exit; walk the route you would take in emergencies
- Know your limitations if ill or on medications with side effects (impaired driving, delayed reaction time, drowsiness)

Exposures

Supervisors

- Inform employees of job risks
- Maintain and update MSDSs
- Properly label, store, dispose of hazardous chemicals
- Provide and maintain personal protective equipment; train staff in proper use
- Decrease potential hazards with engineering, less hazardous materials, job rotation, breaks
- Label confined spaces and provide written entry program and rescue equipment

Employees

- Recognize potential hazards in your workplace and note past exposures
- Wear personal protective equipment, such as respirators, earplugs
- Report accidental exposures to supervisor immediately
- Seek medical attention promptly for work-related illnesses, injuries, exposures
- Avoid eating or smoking at work sites; always wash hands before eating

Play Safe

Labor Day at the Beach

- Pay attention to water conditions.
- Swim only at beaches monitored by a lifeguard.
- Be cautious of the ocean even if it's a clear day because storms well off-shore may cause dangerous waves and undercurrents.
- If you get caught in the undertow, don't swim directly back to land. Swim parallel to the beach and wait until the current subsides. Once you find a calmer spot, you will be able to swim back to shore easier.

Be Safe
Labor Day on the Road

- 34 million Americans will go 50 miles or more from home—29 million by car
- Half of last year's fatal accidents over the 72-hour Labor Day weekend involved alcohol
- Try to avoid the late night and early morning hours--that's when most fatal crashes occur
  - follow the rules of the road,
  - get plenty of rest,
  - stop every few hours, and
  - be sure anyone who's been drinking alcohol doesn't get behind the wheel

Labor Day On the Road (2003)

	OR	WA	Sub-Total	Nation
CARE Fatal Crashes	**3**	**0**	3	82
CARE Hwy Fatalities	**3**	**0**	3	98
CARE Fatals W/Safety Belts	**0**	**0**	0	22
All Fatal Crashes	**4**	**3**	7	233
All Hwy Fatalities	**4**	**4**	8	260
All Fatals W/Safety Belts	**0**	**4**	4	64
DUI Arrests	**96**	**392**	488	7951
Speed Citations	**1501**	**4531**	6032	160915
Seat Belt Citations	**128**	**857**	985	42490
Seat Belt Warnings	**68**	**363**	431	4095
Child Restraint Citations	**13**	**89**	102	6158
Child Restraint Warnings	**ND**	**57**	57	913
Highway Collisions	**212**	**156**	368	6721
CARE Hwy DUI Arrests	**96**	**87**	185	2518
Alcohol Related Crashes	**ND**	**27**	27	539
Motorist Assists	**549**	**2308**	2857	46033

Road Rage Video

- http://www.wtsc.wa.gov/business/materials/roadrage.wmv
- https://ft.lewis.army.mil/safety

Questions?